



## TURMERIC OAT FLOUR BREAD WITH CHOCOLATE CHIPS

 1 hour

 12 portions

### INGREDIENTS

- 1.5 cups of oat flour (156 g)
- 1 cup of oats (156 g)
- 2 tsps baking powder, low-sodium (10 g)
- 2 tsps turmeric, ground (6 g)
- 1.5 tsps cinnamon, ground (4 g)
- 1 tsp ginger, ground (2 g)
- 1/2 tsp baking soda (2 g)
- 1/2 Tsp of sea salt (2 g)
- 0.66 cups of applesauce, canned, unsweetened (161 g)
- 1/2 cup of syrups, maple (158 g)
- 1/2 cup of beverages, almond milk, unsweetened (131 g)
- 2 large eggs (100 g)
- 1 large egg yolk (17 g)
- 1 tsp of vanilla extract (4 g)
- 1/3 Cups of lily's Semi Sweet Baking Chocolate Chips (79 g)

### COOKING METHOD

- 1° Preheat your oven to 350°F and spray an 8 inch loaf pan with cooking spray, lining the bottom with parchment paper.
- 2° In a medium bowl, whisk together the oat flour, rolled oats, baking powder, turmeric, cinnamon, ginger, baking soda and salt until well mixed.
- 3° In a separate large bowl, whisk together the applesauce, maple syrup, almond milk, eggs, egg yolk and vanilla.
- 4° Add the oat mixture into the wet ingredients and whisk until combined. Stir in the chocolate chips.
- 5° Pour into the prepared loaf pan and sprinkle more chocolate chips on top (optional)
- 6° Bake until golden brown and a toothpick inserted in the center comes out clean, 50 minutes to 1 hour. Let cool in the pan COMPLETELY.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (82 g)	% DRI
ENERGY	230 kcal	189 kcal	9 %
FAT	6 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	2 g	2 g	10 %
CHOLESTEROL	56 mg	46 mg	15 %
SODIUM	154 mg	127 mg	5 %
CARBOHYDRATE	40 g	33 g	11 %
SUGARS	12 g	9 g	—
FIBER	6 g	5 g	20 %
PROTEIN	7 g	6 g	—